

Idaho Safe Fish Eating Guidelines

The American Heart Association recommends eating fish at least twice a week. Fish are high in protein, full of vitamins and loaded with good omega-3 fatty acids that are needed by the heart and brain for proper nervous system development. Eating fish is very healthy but fish should be chosen that are low in contaminants such as Mercury and PCBs.

Mercury Advisory for Pregnant Women, Women Planning to Become Pregnant, Nursing and Children under age 7

Women who are pregnant, might become pregnant, nursing or children under age 7 should be aware of the effects of eating fish with high levels of mercury. At high levels, mercury can affect young children or a baby's growing brain and nervous system affecting thinking, language, attention and development. The guidelines below will help you safely choose fish to minimize this risk.

Eat Fish, Be Smart, Choose Wisely

Fish From Idaho Waters

Do eat younger, smaller fish (within legal limits). They usually contain fewer pollutants than older, larger fish.

Don't eat bottom fish such as suckers. They feed at the bottom of water bodies and are more likely to contain higher levels of pollutants.

Commercial Fish

Do eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury--like shrimp, canned light tuna, salmon, pollock and catfish.

Don't eat more than 6 ounces (one average meal) a week of albacore tuna. Albacore tuna has higher levels of mercury than canned light tuna.

Idaho Sport Fish		Commercial Fish	
	Fish HIGH in Mercury NEVER EAT	Shark	Swordfish
Bass	Fish Medium in Mercury 4 ounces a week (1 meal every two weeks)	Albacore	Snapper
Walleye			
Large Brown Trout		Halibut	Sea Trout (Weakfish)
Large Lake Trout			
Yellow Perch	Fish LOWER in Mercury 8 ounces a week (1 meal every week)	Light Tuna	
Crappie			
Lake Whitefish			
Bluegill			
Salmon	Fish LOWEST in Mercury 16 ounces a week (2 meals every week)	Cod	Salmon
Rainbow Trout		Catfish	Tilapia
		Trout	

For the complete advisory, please contact the Idaho Fish Consumption Advisory Program at 1-866-240-3553 or visit our website at:
www.healthy.idaho.gov



IDAHO DEPARTMENT OF
HEALTH & WELFARE

NAVIGABILITY AND PUBLIC ACCESS

(Refer to Idaho Code 36-1601)

Navigable streams are defined as any stream which, in its natural high-water condition, will float logs or any other commercial or floatable commodity, or is capable of being navigated by oar or motor propelled small craft for pleasure or commercial purposes. Navigable streams are recognized as public transportation corridors, thus members of the public have the right to use the corridor, provided they enter and exit the corridor at a public right of way, and remain within the corridor. Many navigable streams flow through private property, thus it is important that anglers know their rights and responsibilities when fishing in navigable waters that flow through private property.

Trespass Law

No person may enter private land to hunt, fish or trap without permission if the land is either cultivated or posted with legible "No Trespassing" signs. Proper posting means either signs, 100 square inches of fluorescent orange paint or an entire fluorescent orange metal fence post every 660 feet around the property and at reasonable access points.

It is unlawful for anyone to post public land that is not held under an exclusive control lease. Conviction of trespass on posted private property carries a mandatory one-year revocation of hunting/fishing/trapping licenses. Federal law prohibits unauthorized trespass on Indian-owned reservation lands for hunting, fishing, or trapping purposes.

CRP Lands are considered cultivated private fields.

ASK FIRST!

Be courteous, and respect landowners and their private property rights - do not

- trespass
- leave behind trash
- harass livestock
- damage private property.

When fishing in navigable streams bordered by private property:

- You must stay within the normal high-water marks of the stream, unless you have landowner permission to get out on the bank, or have no other means of getting around an obstruction in the stream (such as a fence or diversion dam).
- When getting outside of the stream to go around an obstruction, take the shortest, most direct route around the obstruction to get back in the stream.
- Do not allow pets or children to trespass on adjacent private property, without landowner permission.
- You may enter and exit navigable streams at other public rights of way, such as county road bridges.
- **ASK FIRST!** Always get landowner permission before crossing private lands outside of a public right of way.

WHEN OBSTRUCTIONS ARE ENCOUNTERED

